



The Weekly
Newsletter

Future Events and Info

- Altra Torin and Brooks Ghost are on sale for \$90! Also, the Brooks Glycerin is on sale for \$115!

Upcoming Races Compliments of Lafayettefitness.org and the Cajun Road Runners Club

- Tuesday, July 4 Erath Bobcat Cross Country 5k & 1mile Erath, LA Erath High School Fundraiser
- Wednesday, June 22 CRRC Summer Series 1 Mile & Snow Cones Lafayette, LA
- Wednesday, May 25 CRRC Summer Series 1 Mile & Snow Cones Lafayette, LA
- Wednesday, July 27 CRRC Summer Series 1 Mile & Snow Cones Lafayette, LA

We thank you for choosing Geaux Run as your running specialty store. If we can assist you in anything running related with either advice or information, please don't hesitate to stop by or give us a call. Our mission is to help you reach your running or fitness goals.

Cheers,
The Geaux Run Team
(337) 706-8763
www.geauxrun.com

Group Runs

Tuesday, May 16th @6:00PM - Happy's Running Club will be hosting their weekly group run at the Burger Smith in River Ranch. The run starts at 6:15pm but try and get there earlier.

Tuesday, May 16th 6:00PM - CRRC is hosting "Torture" Tuesday, but don't let the name scare you away. Tuesday's at the track are hard workouts, but also a fun time with fellow runners and friends. They meet at the ULL Track and Field Complex near Cajun Field. You can bring your favorite workout or you can "wing it" and join with other runners in their workout. Tom Hopkins will be leading the workout with instructions for all different levels Jim Gonsoulin will be there about 6:30 mixing up a few health smoothies.

Wednesday, May 17th @ 6:30PM - CRRC Tap Room, departure 6:30 PM.

Wednesday, May 17th @ 6:30PM - RWB Runs in New Iberia. Park in Boulogny Plaza. Depart from Bourbon Hall.

Thursday, May 18th @ 6:30PM - The Corner Bar in Youngsville has a weekly Thursday run at 6:30pm. The group meets in the parking lot in front of Corner Bar. There is a 3 mile and 4 mile route that involves the Sugar Mill Pond Neighborhood. Be sure to stay for post run refreshments - The first drink is free - courtesy of Corner Bar (Draft beers only). Hosted by team RWB.

Thursday, May 18th @ 5:30PM - Horse Farm run call coach Tom Hopkins with questions 337-230-2675.

Sunday, May 21st @ 6:00PM - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!